DAY 4 RECIPES

(From the State of Kentucky – The Bluegrasss State)

Salad/Side Dish: Apple, Kale & Sweet Potato Hash

Preparation Time: 10 Minutes
Cooking Time: 16-20 Minutes
Servings: 2

INGREDIENTS

1 Sweet Potato (diced)
1 Apple (diced)
2 tbsp olive oil
1 Bunch Fresh Kale (cleaned and chopped)
Salt and pepper

DIRECTIONS

• Preheat oven 400 degrees
• Toss the sweet potato and apple with a tablespoon of olive oil, salt, and pepper.
• Roast at 400 degrees until tender, and caramelized about (16-20 minutes)
• In a large saucepan, saute the kale in with the remaining olive oil until tender and slightly wilted (about 5 minutes), then add cooked sweet potato and apple.
• Toss together.

Entrée: Baked Eggplant Parmesan

Preparation Time: 15 Minutes
Cooking Time: 45 Minutes
Servings: 6

INGREDIENTS

1-2 Large Eggplants (sliced into 1/2 inch thick rounds)
Olive Oil
Salt & Pepper
3-Cups Marinara Sauce
1/4-Cup Fresh Herbs (basil, oregano, parsley, chopped)
1 1/2-Cups Mozzarella Cheese(grated)
1/4-Cup Parmesan Cheese (grated)

DIRECTIONS

- **Preheat oven to 450 degrees.**
- **Lightly brush the eggplant slices with olive oil and season with salt and pepper.**
- **Arrange on a baking sheet and bake in the oven until tender and lightly browned (about 15 minutes).**
- **Spread about 1 cup marinara sauce on the bottom of a baking dish.**
- **Top with a single layer of the eggplant slices.**
- **Sprinkle with a couple tablespoons of basil and a layer of mozzarella cheese.**
- **Repeat layering and finish with Parmesan cheese.**
- **Reduce oven temperature to 350 degrees and bake for 30 minutes, until cheese is browned.**

Dessert: Banana Apple Bread Pudding

Preparation Time: 15 Minutes
Cooking Time: 12-15 Minutes
Servings: 12

INGREDIENTS

6 Cups Sturdy Bread (cubed)
2 Cups Milk
2 Eggs (beaten)
¾ Cup Brown Sugar (packed)
1 Tsp Cinnamon
1 Tsp Vanilla
2 Bananas (chopped)
2 Apples (chopped)

Topping
Maple Syrup (drizzle)
Apple Butter (dollop)

DIRECTIONS

- **Preheat Oven: 375 degrees. Spray non-stick spray in muffin pan. Set aside.**
- **In a large mixing bowl, add cubed bread, and milk. Toss and let soak for 15-minutes.**
- **In another bowl, add sugar, salt, cinnamon, vanilla and eggs. Whisk together and add to bread mixture.**
- **Stir until combined. Fold In bananas, and apples.**
- **Next, scoop bread pudding into muffin pan liners using an ice-cream scoop for even proportions.**
- **Place in oven and bake for about 15 minutes or until done.**
- **Remove from oven. Let set for 5-minutes and remove from muffin pan.**
- **Top with a dollop of apple butter, and warm maple syrup drizzle. Serve.**

Recipes courtesy of the Kentucky Department of Agriculture and the Southern United States Trade Association.

KENTUCKY DEPARTMENT OF AGRICULTURE

Kentucky Proud

SUSTA
Southern United States Trade Association